



INSIDE THIS ISSUE

Page 2 - Director's Desk & Veg of month

Page 3 -Volunteers Page / LIHEAP info.

Page4—Info page

Pages 5 / 6 - Activities

Page 7 - Luncheon Menu

Pages 8/ 9 –Events / Speakers

Page 10 - Our Contact Info.

Entrees at a Glance

02/03 Chicken Cordon Bleu / Gravy

02/04 Alaskan Pollock / Rice Pilaf

02/05 BBQ Chicken / Oven Brown Potato

02/06 Rotini & Meatballs

02/07 Meatloaf & Gravy / Parsley Potato

02/10 Stuffed Cabbage / Mashed Potato

02/11 Stuffed Shells / Tomato Sauce

02/12 Salisbury Steak / Sweet Potato

02/13 Veggie Nuggets / Rice Peas Carrot

02/14 Roast Turkey / Stuffing & Gravy

02/17 CLOSED—PRESIDENT'S DAY

02/18 Sweet & Sour Chicken / Rice

02/19 Beef Stroganoff / Rotini

02/20 Chicken on Biscuit / Veg / Gravy

02/21 Chili Con Carne / Rice / Mex Corn

02/24 Swedish Meatballs / Rotini

02/25 Lemon Pepper Fish / Mac & Cheese

02/26 Ital Sausage Pepper & Onion Hoagie

02/27 Chicken Salad Platter / Let & Tom

02/28 Stuffed Chicken w/ Broccoli



SALAD BAR—Thurs. & Fri.

10 MOST OVERLOOKED

TAX DEDUCTIONS

01 Medical Expenses

02 Long Term Healthcare Costs

03 Mileage

04 Dental Expenses

05 Home Improvements for Aging Adults

06 Energy Saving Home Improvements

07 Mortgage Interest

08 State & Local Sales Tax

09 Estate Tax on Inherited IRA

10 Charitable Contributions

Pike County Area Agency on Aging

2014 Tax Season is Here



AARP TAX—AIDE 2014 FREE TAX HELP

Beginning February 4, 2014, by appointment only.

Blooming Grove center -

Tuesdays, Wednesdays and Thursdays

Matamoras Boro Hall #10 Avenue I –Tuesdays

For Taxpayers with low to middle income, with special
attention to those age 60 and older.

Business preparation is by CEZ form ONLY.

All tax assistance is by appointment only.

Please take note of what to bring when you come in:

*Copy of last year's income tax return

*W-2 forms for each employer

*SSA-1099 form if paid Social Security

*All 1099 forms (1099-INT, 1099- DIV, 1099-B, etc.)

*1099—MISC showing any miscellaneous income

*1099-R form if you receive a pension or an annuity

*All forms indicating federal income tax paid

*Bank documentation relevant to mortgage debt forgiveness

*Dependent care provider information (name, employer ID / Social Security #)

*All receipts or cancelled checks if itemizing deductions

*Social Security cards or other documentation for yourself & all dependents

*All paid property tax bills

PLEASE CALL FOR APPOINTMENTS: 570-775-5550

February, the month of hearts and flowers

A month that is dreaded by people looking for Spring, but people who ski, find it exhilarating and breath taking. Whatever your penchant, please stay warm and remember where to find shelter in a power outage. Stock up on your candles, flashlights, batteries, medication, and bottled water. We provide a refuge from the cold at our senior centers everyday of the week.

The weather has been disruptive to say the least. WE were able to hold our re-scheduled de-stress the caregiver seminar, but without the full complement of speakers or attendee's. We hope to run Part II (Deux) in a month or so. Check out the Link happenings for this program. Some of the lessons learned were: Only you control your reaction to events; people want one of two basic things, either to avoid pain, or seek pleasure/happiness. Once we understand that, we can know how the other person "ticks".

Our new Enhanced Senior Center program is getting ready to launch in the next month. We have been working with Quality Health Care to support our program and provide a level of professional health care services to those in need. If you know of someone who could benefit from supportive socialization and activities, let us know: call 570-775-5550. A day where you can have your loved one picked up at your home*, and transported to a day of health, nutrition, fun, safety, and socialization. We are providing this program on Wednesdays in Delaware Township Center as a pilot, and are taking families on a first come first serve basis for free. Transportation is included*.

Love your pet day is February 20th. Don't forget to hug fido this date. Did you know having Pets can decrease your:

Blood pressure — Cholesterol levels — Triglyceride levels — Feelings of loneliness

Don't wait, call the Pike County humane Society today for a tour and make a furry friend happy.

*Our Options Spending Plan is in full operation. Our Home and Community Based Services funding got a lift last fall. If you know of someone who could use assistance to improve their safety at home and well-being, including nutrition-needs, please call a Pike County Aging Care Manager today.



Jicama



Jicama is a round, bulbous root vegetable (pronounced hee-cama). Very similar in texture to a turnip with taste closer to an apple. The skin of jicama is thick, tough and considered an organic toxin. When buying one, look for firm, round tubers, and store them in a cool dark place for up to 4 weeks. Wash like a potato, but cut the bottom and top, and remove the peel with a paring knife. DO NOT EAT THE PEEL. Low in calories but high in vital nutrients, it is a bit of a contradiction when it comes to its starch content. A single serving (one cup / 49 calories) provides one-quarter of your daily fiber. But not just any fiber—jicama's fiber is infused with oligofructos inulin, which has zero calories and doesn't metabolize in the body. Inulin, a fructan, promotes bone health by enhancing absorption of calcium from other foods, protecting against osteoporosis. Inulin has a prebiotic role in the intestine—it promotes "good" bacteria growth that maintains both a healthy colon and balanced immunity. Because it has a very low glycemic index, jicama is a great food for diabetics and low in calories for those interested in weight reduction. Jicama is also an excellent source of fiber and vitamin c (44% of daily value per serving), and also a powerful antioxidant that zaps free radicals to protect against cancer, inflammation, viral cough, cold and infection. Jicama contains potassium, folate, riboflavin, pyridoxine, pantothenic acid thiamin and the minerals magnesium, copper, iron and manganese.

Jicama Slaw:

- *3 Tbsp. Fresh lime juice
- *2 Tbsp. Coconut oil
- *2 Tsp. Sugar
- *3/4 Tsp. Salt
- *1/4 Tsp Black Pepper
- *2 lbs Jicama, peeled & cut into julienne strips (8 cups)

- * 1 Medium red onion

- * 1/3 Cup finely chopped fresh cilantro

Preparation:

Whisk together the lime juice, oil, sugar, salt and pepper in a large bowl until well combined. Add Jicama, onion, and cilantro and toss well. Eat as a salad or it makes a great side to your favorite meat dish. (source: cookinglight.com)



VOLUNTEERS



Reflecting on last year we have had a wonderful group of Volunteers who give of their time to many programs. however we are always looking to increase our helpers.

If you are interested in helping out for an hour or more any day of the week, Monday – Friday, we would be totally grateful. We currently have need at all three centers.

Blooming Grove/Lords Valley Senior Center, Monday – Friday 8am – 4pm.

Delaware Township Senior Center located at Delaware Township building on Wilson Hill Road in Dingmans Ferry, Tuesday, Wednesday and Thursday hours are 8am – 3pm.

Lackawaxen Senior Center/Firehouse, open Monday, Wednesday and Thursday 9:30am – 2pm.

We could use your help at anyone of our centers. So please give a little of your time to help those who would appreciate you kindness.

Assist with preparing homebound meals, and serving senior at the center.

Too often we under-estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.— Dr. Felice Leonardo Buscaglia

Come join the gang, & volunteer!

Call me 570-775-5550 ext. 1303

Share your Smile Sue Van Orden

The Cross Training event planed for December 5th, unfortunately had to be rescheduled, to January 6th, 2014, because of the weather conditions. Although the weather was still not terrific we did have the event to acknowledge Caregivers, and the everyday stresses they encounter. “De-Stress our Caregivers” was not only rescheduled, but also relocated to the Pike County Training Center at 135 Pike County Blvd., down the road from the Senior Center. Lana Romeo’s, presentation on Stress was well received. Lana presented ways to relieve stress by using both mind and body. Caryn Capparelli, of “Right Track Lifetrack Corp.”, taught techniques for dealing with Anger & Frustration. The main complaint we received was that most wished there was more time for each presenter, as both had more to offer but we had to stay within our scheduled time. Maya Herbert of “Mayasblends” was unable to attend to introduce essential oils to help relieve stress. However, Maya is working with us to do a De-Stress the Caregiver II in the near future, possible in March. This promises to be a very interesting as was the first event from which everyone will hopefully gain another way to manage their stress. All caregivers of those 18-59 or 60+ are welcome. Watch for flyers as we will try our best to get the word out to you.

Barbara Leary 570-775-5550 x 1318 or bleary@pikepa.org.



Getting Help with the Heating Bill

Contact your heating company (electric, natural gas or heating fuel company) as soon as possible with your most recent bill in hand and explain that you are having difficulty paying the bill. The utility company will either send you an application form for their assistance program or decide if you're eligible over the phone. Call the Stay Warm hotline at: 1-866-550-4355 for information on programs for which you may qualify. Visit their website at: www.turnsealsave.org

Descriptions of Assistance Programs for which you may qualify through your Utility Company:

***See Utility list below**

1. Customer Assistance Programs (CAP): Customer Assistance and Referral Evaluation Services (CARES)

Special needs customers who are experiencing family emergencies, divorce, unemployment, or medical emergencies. The program's goal is to provide support and direction to help customers pay their utility bill.

2. HARDSHIP FUNDS: Hardship Funds are emergency funds to help customers who have suffered a recent financial hardship and need temporary help in paying their utility bill.

3. LIHEAP—Low Income Home Energy Assistance Program ,Through The Department of Welfare— see below

4. Weatherization Assistance Program (WAP) provides qualified low-income customers free weatherization and education programs to help customers save energy and money. The main activities are installing energy saving devices and educating family members on their energy use. Call **1-866-466-3972** for details.

5. Low Income Usage Reduction Program (LIURP) also known as Smart Comfort, WARM Program, WRAP, or WARM Choice— through your utility company: LIURPs help you reduce the amount of energy you use, thereby reducing your overall energy bills.

If you qualify, you will receive an energy audit and, based on the audit, you may receive the installation of free energy conservation measures to help reduce your household's energy consumption.

***Here are some helpful utility company phone numbers:**

ELECTRIC:

Met-Ed: 1-800-393-7600

PPL: 1-800-358-6623

GAS:

UGI Penn Natural Gas: 800-652-0550

Agway: 888-982-4929

Eastern Propane: 570-226-3771

Combined Energy: 570-828-1700

Modern Gas: 570-457-5300

Pennywise: 570-775-0800

Suburban Propane: 800-776-7263

OIL:

Bottini: 845-744-2311

Pocono Oil—570-424-1900

Jess: 570-491-4555

FREE CELL PHONES

If you do not have phone service and need a cell phone, two companies are available for free cell phone service (only 1 per family) for seniors. Check income eligibility.

www.assurancewireless.com—or Phone: 877-209-6544

Free phone—250 free minutes per month & 250 free texts

www.safelinkwireless.com— or Phone: 800-723-3546

Free phone—250 free minutes—1000 free texts f

Cash, Crisis & Winterization Programs—150% of FPIG Income

Guidelines for homeowners & Renters

Household size / Max. Income Household size / Max. Income

1. \$1,436.25 \$17,235 6. \$3,948.75 \$47,385

2. \$1,938.75 \$23,265 7. \$4,451.25 \$53,415

3. \$2,441.25 \$29,295 8. \$4,953.75 \$59,445

4. \$2,943.75 \$35,325 9. \$5,456.25 \$65,475

5. \$3,446.25 \$41,355 10. \$5,958.75 \$71,505

Each Addition Person Add \$6,030

Remember to include with the application:

*Social Security numbers for all household members

*Income from the month prior to month of application (example: August application needs July income)

*Utility bill dated within 2 months of application / Deliverable Fuel bill dated 01/01/13 or later.

DPW Assistance / LIHEAP hotline: 1-866-857-7095

Apply online: www.compass.state.pa.us - or call 866-267-9181

Cash Component

* Opening date 11/4/2013

* Closing date 4/4/2014

* Minimum benefit amount of \$100

* Maximum benefit amount of \$1000

Crisis Exceptional Pay

*Opening date 11/4/2013

*Closed 1/1/2014

*Minimum benefit amount of \$25

*Maximum benefit amount of \$500

***Crisis Component ***

* Opening date 1/2/2014

*Closing date 4/4/2014

*Minimum benefit amount of \$25

*Maximum benefit amount \$500



***Total Crisis Exceptional Pay & Crisis component funds cannot exceed \$500**



FEBRUARY 2014 Delaware Twp. Center 9am — 3pm

Monday	Tuesday	Wednesday	Thursday	Friday
Every 1st Friday of the Month Blood Pressure & Speaker –Quality HC	*Starting in March Yoga w/ Pam will be every 1st & 3rd Wednesday & 4th Friday 			
3 Closed Medical Transport	4 Games & Cards	5 Bingo, Games, Cards	6 CLOSED Shopping 	7 Bingo, Cards Games Quality HC—BP
10 Closed Medical Transport	11 Games & Cards Yoga w/ Pam Valentine's Party  	12 Bingo, Games, Cards	13 CLOSED Shopping 	14 Bingo, Cards Games
17 Closed 	18 Games & Cards	19 Bingo, Games, Cards	20 CLOSED Shopping 	21 Bingo, Cards Games
24 Closed Medical Transport	25 Games & Cards Yoga w/ Pam 	26 Bingo, Games, Cards	27 CLOSED Shopping 	28 Bingo, Cards Games Yoga w/ Pam 

FEBRUARY 2014 Lackawaxen / Shohola Township 9:30am—2pm

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Medical Transport Exercise with Dorothy Cards & Games Lunch Closed 2/17— PRESIDENT'S DAY	Exercise with Lana@ 12:30 Cards & Games Lunch Blood Pressure 2/19 	Cards & Games & Bingo Exercise with Annette Lunch Valentine's Party! 2/13 

Please note: If you plan on coming to the Lackawaxen Senior Center for exercise, please call to confirm that there will be exercise at the center on that day. Call: 570-685-7808



Do you need help from Veterans Affairs?



There is a representative here at the Blooming Grove Senior Center every third Tuesday of the month from 8:30 am—12:30 pm. He is also at the Lake Wallenpaupack Visitors Center every first Tuesday of the month. Pike You can call Pierce Bunce at his office on 514 Broad Street, Milford, PA 18337 (570) 296-3563. The office hours are: 8:30—4:30 Monday through Thursday.

Get a copy of our Newsletter FREE online, receive updated Senior Center information, & downloadable forms visit: www.pikeaaa.org







SOCIAL SECURITY SCRANTON & STROUDSBURG OFFICES NEW HOURS

Social Security offices in Scranton and Stroudsburg's new hours: 9am—3 pm Mon, Tues, Thurs, Fri.-Wed. close at 12



FEBRUARY 2014 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The CDC recommends that you be prepared to stay safe & healthy in winter.</p> <p>Prepare for weather-related emergencies including power outages. —Stock food that needs no cooking or refrigeration & water stored in clean containers. Keep up-to-date emergency kit: Battery-operated devices, such as flashlight, radio & lamps.</p> <p>When outdoors: Wear appropriate outdoor clothing; dress in light warm clothing, mittens, hats, scarves and waterproof boots.</p> <p>When shoveling—Pick a small shovel (snow can weigh up to 15 lbs) Stay hydrated, Lift with your legs and not your back, set a time limit. Set a time limit, a large driveway can take up to an hour. After 20—30 minutes go inside and rest, then go back out again. It's also easier to push snow rather than shovel. Separate your hands on shovel to create leverage.</p>				
3 Medical Transport Hemlock Ladies	4 BIGGER SHOPPING Arts & Crafts & Chorus Tai Chi @ 10:30 	5 BIGGER SHOPPING Cards Dominoes & Rummikube, Bingo 	6 BIGGER SHOPPING Arts & Crafts & Bingo Wii bowling practice Happy Hookers Crochet Blood Pressure 	7 Arts & Crafts Cards
10 Medical Transport Monday's Angels Alzheimer's Support 1:30pm	11 Arts & Crafts & Chorus Tai Chi @ 10:30	12 Cards, Dominoes & Rummikube & Bingo	13 Exercise w/Lana Arts & Crafts & Bingo Wii bowling practice Valentine's Party! 	14 Arts & Crafts Cards Valentine's Party! 
17 CLOSED 	18 VA Rep @ 9 Arts & Crafts & Chorus Tai Chi @ 10:30 Healthy Steps In Motion 12—1	19 Cards, Dominoes & Rummikube & Bingo Blood Pressure Grief Support @ 10:30	20 Arts & Crafts & Bingo Wii bowling practice Healthy Steps in Motion 12—1	21 Arts & Crafts Cards
24 Medical Transport	25 Arts & Crafts & Chorus Tai Chi @ 10:30 Healthy Steps In Motion 12—1	26 Cards, Dominoes & Rummikube & Bingo	27 Arts & Crafts & Bingo Wii bowling practice Healthy Steps In Motion 12—1	28 Arts & Crafts Cards

Seniors Are Our First Priority



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tomato Orzo Soup Chicken Cordon Bleu w/ Gravy Rice Pilaf green beans Wheat Bread Fruited Jell-O	4 Cucumber Salad Alaskan Pollock Rice Pilaf Spinach Wheat Bread Mandarin Oranges	5 Cole Slaw BBQ Chicken Oven Brown Potatoes Carrots Dinner Roll Fruit Crisp	6 Orange juice Rotini & Meatballs with tomato Sauce Italian Green Beans Italian Bread Vanilla pudding	7 Broccoli & Chick- pea Salad Meatloaf & Gravy Parsley Potatoes Succotash Whole Wheat Bread Granola Bar 
10 Tossed Salad Stuffed Cabbage Corn Mashed Potatoes Rye Bread Apple sauce	11 Tossed Salad Stuffed Shells w/ Tomato Sauce Italian Green Beans Italian Bread Vanilla Pudding	12 Minestrone Soup Salisbury Steak with Gravy Sweet Potatoes Peas Wheat Bread Chocolate Cake	13 Red Beets & Onions Veggie Nuggets Rice with Peas & Carrots Dinner Roll Pistachio Pudding 	14 Three Bean Salad Roast Turkey w/ Stuffing & Gravy Mashed Potatoes Mixed Veg Cranberry Sauce Fresh Fruit 
17 CLOSED 	18 Grape Juice Sweet & Sour Chicken with Rice Stir Fry Vegetables Rye Bread Ambrosia	19 Orange juice Beef Stroganoff over Rotini Brussels Sprouts Whole Wheat Bread Ice cream	20 Beef Barley Soup Chicken on a Biscuit with vegetables and gravy Mashed Potatoes Pears 	21 Carrot Raisin Salad Chili Con Carne Rice Mexicali Corn Cornbread Fresh Fruit 
24 Red Cabbage Salad Swedish Meatballs Rotini Pasta String Beans Wheat Bread Pineapple	25 Split Pea Soup Lemon Pepper Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fruit Jell-O	26 Cottage Cheese/Fruit Italian Sausage Peppers & Onions Hoagie Roll Potatoes Calabrese Oatmeal cookies	27 Lentil Soup Chicken Salad Platter Tomato/Lettuce Roll Ice Cream 	28 Cranberry Juice Stuffed Chicken with Broccoli Sweet Potatoes Rye Bread Fruit Cocktail 

7 Flu Fighting Foods

1. Black-Eyed Peas—these nutritious legumes are rich in zinc, which keeps you immune system in working order.
2. Carrots—Rich in beta-carotene, which your body uses to ward off respirator infections
3. Tea—Green, Black & Oolong contain naturally occurring compounds that reduce the risk of flu
4. Yogurt—Probiotics found in yogurt are beneficial bacteria that strengthen the immune system
5. Tomatoes—Vitamin C rich, they fight colds & flu by boosting the body's natural defense system
6. Mushrooms—Nutritional powerhouses heighten the body's resistance to viral infections
7. Almonds—A rich source of the antioxidant Vitamin E, which helps ward off viral infections.

EVENTS and PROGRAMS



Medicare OPEN ENROLLMENT is CLOSED

However, **IF YOU HAVE MEDICARE ADVANTAGE** and do not make changes before Dec. 7th, you will be able to drop your Advantage plan between Jan. 1 and Feb. 14, 2014 to enroll in original Medicare and/or a stand-alone prescription drug plan, and/or a Medigap (supplement) plan. That is the **ONLY** change you can make during this Medicare Advantage Disenrollment Period. (You will **NOT** be able to change to another Advantage Plan until next open enrollment in 2014.) Call for an appointment (570-775-5550). When you call in, please be sure to have your Medicare number on hand, as the intake person will need that as well as your date of birth and what Medicare Part, Medicare supplement & Prescription drug plan you have.

Prescription drug plan you presently have, so that our Apprise rep can assist you better.

PROGRAM	MONTHLY INCOME	ASSETS
QMB	\$958-Single \$1,293-Couple	\$7,080-Single \$10,620-Couple
SLMB	\$1,150 Single \$1,552-Couple	\$7,080-Single \$10,620-Couple
QI-1	\$1,294-Single \$1,746-Couple	\$7,080-Single \$10,620-Couple

Low Income Subsidy/Extra Help —

Pays for the Medicare Part D premium, lowers co pays and may eliminate the coverage gap.

PROGRAM	MONTHLY INCOME	ASSETS
Extra Help LIS	\$1,436—Single \$1,939—Couple	\$13,300—Single \$26,580—Couple

PIKE COUNTY AREA AGENCY ON AGING PRESENTS

HEALTHY STEPS IN MOTION—A FREE EXERCISE CLASS FOR SENIORS

Healthy Steps in Motion is an exercise program that incorporates warm-up, balance, weight resistance, strength training and cool down segments as its program foundation. HSIM was designed by the Pennsylvania Department of Aging and is offered to older adults at **NO COST**. It promotes regular physical activity, which provides many benefits for older adults. Research has shown that old adults who practice weight resistance training improve their balance and coordination with may decrease their risk for falls. Exercise can also reduce the risk of heart disease and certain types of cancers, increase bone density, strengthen the heart and lungs, reduce stress and boost energy levels. See below for schedule.

WHEN: February 18th to April 10th, 2014 - Every Tuesday and Thursday

WHERE: Blooming Grove Senior Center, 150 Pike County Blvd, Lords Valley, PA 18428

TIME: 12 noon to 1:00 pm



Please call Lana to register: 570-775-5550—Remember, the Class is FREE



The Center At Delaware Township 116 Wilson Hill Rd., Dingman's Ferry, PA—570-828-8494
Introducing: "Enhanced" Senior Center Program. Certified staff from Quality Healthcare Inc. to be provided to those who may need a "little extra help*" -

WEDNESDAY'S Beginning March 2014 8am—3 pm

Blood Pressures, Exercise, Medication Reminders—Activities, Games, Music—Hot Lunch Served Each Day!

Contact 570-828-8494 for information & reservations. Transportation available 570-296-3408

*Eligibility for program provide by Pike County AAA @ 570-775-5550

EVENTS and PROGRAMS



SMALL JOBS CREW IS AN ACT OF KINDNESS
In need of help with small jobs? General maintenance projects, yard work, clean-up? The small Jobs Crew from the Wallenpaupack Free Methodist Church want to help. Our mission and purpose is to Love God, Love Others, Serve God, Serve Others. We seek to show our community the love of Christ through acts of kindness and service to others. Please contact us with your information and needs and we will be happy to assist.
Contact : Gary and Kim Wyler—570-226-0554



NEED HELP? GET HELP!

CARIE: www.carie.org—Help to resolve senior issues— 800-356-3606

APPRISE: Heath ins. counseling for older adults—800-783-7067

BENEFITS CHECK UP: www.benefitscheckup.org - Online service helps older adults find out if they are eligible for private or public benefits.

PA DEPT OF PUBLIC WELFARE: www.dpw.state.pa.us—800-693-7462. supportive services & programs—all ages.

PA ATTORNEY GENERAL: www.attorneygeneral.gov—800-441-2555— Consumer Complaints



FIRE PREVENTION DAY

In December the Blooming Grove Senior Center hosted a Fire Prevention day. They explained how seniors can practice fire safety. Left & right are speakers Jack & Bill, demonstrating Fire Extinguisher use with Jean.



Volunteer Ombudsman

On behalf of Pike County Area Agency on Aging, we would like to thank you all for your support & assistance to Pike County residents.



You are cordially invited to attend our first Ombudsman meeting, February 3, 2014 at 1:30 pm at our Blooming Grove Senior Center & thereafter the first Monday of the month at 1:30 pm. This will allow all of us to network with peers, & staff to provide support in this important service provided to residents of Nursing Homes and Personal Care Homes.
Thank you, we look forward to seeing you in February.
Sincerely, The Pike County Area Agency on Aging

November 27, 2013

Meditation a tool against Alzheimer's, study finds

Meditation and yoga could become weapons in the fight against the advancement of dementia & Alzheimer's Disease in residents with mild cognitive impairment (MCI) according to new research. A limited study showed adult patients with MCI showed an increase in functional connectivity after 8 weeks of mindfulness-based stress reduction (MBSR) therapy compared to those whose care program remained static. "MBSR is a relatively simple intervention, with very little downside, that may provide real promise for these individuals," said lead author Rebecca Erwin Wells, M.D., MPH, assistant professor in the Department of Neurology at Wake Forest Baptist Medical Center. "If [it] can help delay the symptoms of cognitive decline even a little bit, it can contribute to improved quality of life," Wells said. The brain regions that showed improvement included the posterior cingulate cortex (memory-related functions), the bilateral medial prefrontal cortex, & the left hippocampus. "A trend" toward less bilateral hippocampal volume atrophy was also discovered in the patients who received MBSR. 14 adults aged 54 or older years with MCI took part in the study, which was conducted in 2010 & 2011. The subjects were randomly assigned to receive either MBSR (n = 9; mean age, 73 years) or usual care (control group; n = 5; mean age, 75 years). The MBSR group received 2-hour sessions each week & one "mindfulness retreat day." The group was also encouraged to listen to 30 minutes of guided audio recordings per day at home. Each study participant received resting state functional magnetic resonance imaging (fMRI) at baseline and eight weeks to measure connectivity changes in areas of the default mode network. Study published in Neuroscience Letters.

Pike County Area Agency on Aging
150 Pike County Blvd.
Hawley PA 18428



**DO NOT CALL
REGISTRY**

If you would to stop those nagging calls from solicitors you can place your phone number on the Do Not call registry either by calling: 1-888-382-1222 or go on line to: www.donotcall.gov

Senior Law Center

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy. Call the Senior Law helpline if you need assistance at: 877-727-7529

Non-Profit mailer

To renew subscription, clip out mailing label and send it in with the \$5 yearly fee. If you have email, just send your email address to: lhunt@pikepa.org, and get your newsletter sent right to your email address for **FREE**—Save time and money!

www.pikeaaa.org

Where to Find Information About the Medicare Plans Available in your County:

- * Medicare & You 2014 Handbook
- * www.medicare.gov Call APPRISE at: 1-800-783-7067
- * Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
- * Or call us at: 570-775-5550 for an appointment to assist you

Pike County Area Agency on Aging

Blooming Grove Center 150 Pike County Blvd., Hawley, PA 18428

(Phone 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)

Office Hours: Monday through Friday - 8am to 4pm

Center Hours: Monday through Friday 9am to 4pm

Delaware Township Center, 116 Wilson Hill Rd., Dingmans Ferry, Pa 18328 (Phone 570-828-8494)

Tuesday, Wednesday & Friday 9am to 3pm

Lackawaxen/Shohola Township Center, Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday & Wednesday and Thursday 9am to 2pm (Phone-570-685-7808)

Executive Director - Robin S. LoDolce E-Mail: rlodolce@pikepa.org

Waiver Supervisor- Rene Bernatzky

Nutrition Site Managers- Cherie Bland, Lea Langer & Barbara Paschell

Activity & Program Director & Prime Time Health Coordinator - Lana Romeo

Advisory Council

Chairperson: Norma Goldner * Karl A. Wagner, Jr., Commissioner Representative * Doris Bannon * Charlotte Bell *

*Jeanne Carlstedt * Patricia Crane* Jacqueline Eadicicco * Georgiana Ehrlich * Richard Siss * George Kanfer*

Marianne McMillin * Ethel Musselwhite * Joe Shevlin * Catherine Steele * Rita Tepperman*

Pike County Commissioners - Richard A. Caridi * Matt Osterberg* Karl A. Wagner, Jr.*

24hr. Elder Abuse Hotline: 1-800-233-8911

Pike County Transportation Hours 7:30am—4:00pm Phone 570-296-3408 Toll Free: 1-866-681-4947

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